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Commentary

Important Advantages of Fish Hilsa

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SUMMARY

The hilsa is a species of fish which is widely found in rivers and its scientific name is "Tenualosa Ilisha". This fish is well known as "The king of Fish" and also designated as a national fish of Bangladesh. This hilsa is excellent in taste and rich in nutrients which contain high levels of carbohydrates, fats and minerals as well as omega -3 fatty acids, vitamins A, B, D. This fish is very famous due to the soft meat which is full flavoured with oily texture. It can be prepared in many ways – smoked, fried, steamed and baked. Hilsa is a store house of minerals like protein, zinc, selenium, iron, phosphorus, calcium, chromium, niacin, triptophan, vitamin B1, sodium, calcium and magnesium, among other vitamins and minerals. As hilsa is rich in zinc, physicians suggest taking food rich in zinc where it strengthens the immune system and fight off invading bacteria and viruses in the body. To prepare proteins and genetic material in all cells our body needs minimum amount of zinc. Selenium builds special proteins and antioxidant enzymes which plays an important role in cell damage. Fish protein is easily digestible and consists of an excessive quantity of lysine and other sulphur-containing amino acids like methionine and cysteine and favourably enhances nutritional protein from plant sources.

Omega-3-fatty acids are directly associated with osteoarthritis, these are the concept which have immune-modulatory properties as they act as precursors to lipid mediators of infection which may also restrict or modulate the inflammatory response. Omega-three fatty acids appear to prevent or attenuate arthritis. The nutrients also work as the protection of respiratory and thyroid gland. They are responsible for the creating of hormones that modify the clotting of blood as well as the contraction and relaxation of the artery walls, therefore preventing inflammation of the blood vessels. If the hormones regulating were not regulated properly, there might be constriction in blood flow that could ultimately result in stroke or another coronary heart diseases. At the identical time, these omega-three fatty acids allow to control eczema, lupus, and rheumatoid arthritis. Fish or fish oil includes omega-three Polyunsaturated Fatty Acids (PUFAs), e.g., Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA), that are useful for human health and decrease the chance of coronary heart diseases. These EPA and DPA are very much important for proper fetal development which includes immune, neural and retinal development. These can also affect few aspects of cardiovascular functioning including peripheral artery disease, anticoagulation, inflammation and major coronary events.

Earlier works at the dietary composition of hilsa have been essentially on large length corporations focusing on its advantages for human health. Knowledge on the biochemical composition of fish of different length groups is essential to apprehend the crucial nutrient requirement for distinctive lifestyles tiers of increase and reproduction of the fish under captive condition. Hence the dietary composition of various length groups of the fish (under 5 g to above 800 g) accumulated from distinct habitats, viz., marine, brackish water and freshwater have been investigated to have an understanding on changes of body nutritional composition with the development of increase as a way to assist in improvement of feed for hilsa of various tiers. Some of the common health benefits are rich source of proteins, plenty of calcium which strengthens our bones, gives healthy and glowing skin which preventing damage to the skin from sunlight and mainly reduces coronary heart diseases if any.

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